

Portion Sizes and School-Age Children

Develop an Action Plan

OBJECTIVE:

Briefly describe an objective that is specific, measurable, appropriate, realistic and time specific for your school(s) that addresses changes in the portion sizes available to students.

List measurable steps or strategies with time frames (dates) to accomplish your objective. Include activities like conducting an assessment, partnering, organizing, developing resources, sharing information, making available and promoting healthful portion sizes, seeking alternative funding sources and media promotions.

Delegate roles and responsibilities to team members. Be specific about who will do what.

Determine which resources from this kit could be used to help you carry out the strategy or step. Calculate the cost of each strategy or step and ascertain a funding source.

Determine when the step or strategy will be carried out.

Strategies or Steps	Team Members' Roles and Responsibilities	Resources & Budget	Timeline